

Contact numbers

Clinical Nurse Specialist

Tel. 0118 322 8707 / 07789 948733 /
07787 908392

Monday – Friday

8.30am – 4.30pm

(Answerphone available outside
office hours)

Unfortunately, there is no emergency
service. If you are at home, please contact
your GP or district nurse.

**Should you be admitted to hospital at
any time please ask staff to inform your
Clinical Nurse Specialist.**

My Clinical Nurse Specialist is:

My Key Worker is:

Clinical Nurse Specialist

Department of Neuro-rehabilitation

Royal Berkshire NHS Foundation Trust

London Road, Reading RG1 5AN

Telephone 0118 322 8707

jane.owen@royalberkshire.nhs.uk

laura.witchalls@royalberkshire.nhs.uk

Other useful numbers

Royal Berkshire Hospital

Main Switchboard

0118 322 5111

Motor Neurone Disease Association

08457 626262

Huntington's Disease Association

0151 331 5444

Myasthenia Gravis Association

0800 919922

Multiple Systems Atrophy Trust

(formally the Sarah Matheson Trust)

0207 940 4666

PSP Association

01327 233410

Ataxia UK Helpline

0845 644 0606

British Polio Fellowship

0800 018 0586

For more information about the Trust visit

www.royalberkshire.nhs.uk

This document can be made
available in other languages and
formats upon request.

April 2018

Review due: April 2020



Royal Berkshire
NHS Foundation Trust

**Clinical Nurse
Specialist
for rare
neurological
illness**

Information for patients
and relatives

This leaflet has been provided to answer some of the questions you may have about the role of the Clinical Nurse Specialist for rare neurological illness and causes of neurological disability.

What does the Clinical Nurse Specialist do?

He/she is able to offer increased levels of support, advice and guidance to patients with progressive neurodegenerative diseases.

This includes patients who have:

- Motor Neurone Disease
- Huntington's Disease
- Myasthenia Gravis
- Multiple Systems Atrophy
- Post Polio / Late Onset Polio
- Progressive Supra Nuclear Palsy
- Ataxia

There are other progressive neurological conditions that are not included in this list. If you are unsure whether this service applies to you, ask your doctor or nurse, or call the number on the back of this leaflet.

Clinical Nurse Specialists for Multiple Sclerosis and Parkinson's disease are available in the Trust and can be contacted via the hospital switchboard.

The Clinical Nurse Specialist is based at the Royal Berkshire Hospital but also sees people in their homes within the West Berkshire area.

He/she works closely with hospital nurses, doctors and other health care professionals to maximise the independence, dignity and quality of life of people with these illnesses. He/she also links closely with community nurses, carers and family doctors (GPs) and Social Services to ensure the highest quality of care at home.

You can request to see the Clinical Nurse Specialist if you are admitted to the hospital or whilst attending an outpatient appointment. Either contact him/her prior to your appointment or ask a member of staff to contact him/her.

You can also telephone the Clinical Nurse Specialist for support and advice when you are at home.

The Clinical Nurse Specialist will either act as your key worker or ensure that this role is carried out by another health professional. Your key worker is your main point of contact with the hospital and is responsible for co-ordinating your care.

What can the Clinical Nurse Specialist offer me?

- Information about your illness.
- Advice and support for you, your relatives, carers and friends.
- Advice on your continued care at home.
- Someone to talk to about worries or problems.
- Help with physical symptoms such as breathlessness, fatigue or nausea.
- Refer you to other services that may be able to help you; such as occupational therapy, physiotherapy, speech and language therapy, wheelchair clinic and more.
- Advice and support when making decisions about specific areas interventions.
- Advice and help when applying for benefits.
- Liaise with charitable organisations, especially those pertinent to your illness.